

Simulated Emergency Rescue Competition for Beginners

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Simulated Emergency Rescue Competition for Beginners
A Retrospective Case Study of Monkstown Lifesaving Club during 1990 - 2010

- Introduction
- The SERC as Monkstown LSC use it
- Club philosophy
- Success – Business & Activity imperatives
- Benefits
 - To safety
 - To the individual
 - To the Club
 - To the Community



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- Competition format
- Teams: 3 members, 2 perform land based rescues 1 seeks assistance by simulated emergency phone call.
- CPR & First aid knowledge: Emergency phone call & treat for shock
- Lifesaving knowledge: shout, reach, reach with an aid, throw, wade
- Age: 5 - 11
- Junior basic & Senior complex
- Gender: Mixed
- Swimming ability: Strictly land based



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- Timing: Last week June - before schools start summer holidays
- Organiser: one of junior teachers
- Judges: class teachers
- Officials & recorders: class teachers, parents
- Celebrity present prizes
- Prizes:
 - Everyone gets something – sweets and fizzy drink,
 - Gold, Silver, Bronze medals



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- Marking sheets:
predetermined
marking system –
introduction to making
/ judging and easier
for teachers

Rope Throw
Team Number: _____
Put a tick in the box for each part that the competitor completes. If the competitor does not complete part then leave the box blank. Place a mark out of ten in the box provided below. Give this form to the competitor to bring to the judges table when the incident is completed.

Walk out slowly	<input type="checkbox"/>
Look and see	<input type="checkbox"/>
Reassure casualty	<input type="checkbox"/>
Pick up rope	<input type="checkbox"/>
Coil Rope	<input type="checkbox"/>
Explain to casualty	<input type="checkbox"/>
Stand on end of rope	<input type="checkbox"/>
Aim	<input type="checkbox"/>
Throw Rope	<input type="checkbox"/>
Pull to Safety	<input type="checkbox"/>
Move away from edge	<input type="checkbox"/>
Instruct on how to climb out	<input type="checkbox"/>
Get them to sit down	<input type="checkbox"/>
Face them away from the water	<input type="checkbox"/>
Put a towel around them	<input type="checkbox"/>

Total _____
Mark out of ten for overall
performance: _____



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Philosophy

- All resources are focused on the lifesaver
- to develop Lifesaving
 - Fun, Safe, Learn
- Competition a useful aid
- Introductory format
 - That is Usable
 - For Competitors
 - For Officials



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Success imperatives

- **Business**
 - Teach lifesaving so well that people want to be involved
 - Be financially and membership stable
 - Keep and recruit members:
 - Financial
 - Cover all costs: human, equipment and development areas,
 - new, maintenance, contingency and replacement
 - Staff:
 - New, maintenance, contingency and replacement
- **Activity**
 - Teach lifesaving so well that people want to be involved
 - Added value



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Attitude to safety:

- Summon emergency services as a norm
- Land based rescues first
- Manage exposure to risk
- Being used to stressful situations



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Benefits to the members:

- Lifesaving development
 - Confirms good practice
 - Summon emergency services
 - Administer aftercare
 - Use of land based rescues first.
 - Focal point in lifesaving training

- Personal Development
 - Opportunity to learn from each other
 - Working together to achieve end

- Prepares them for freedom of summer holidays

- An opportunity
 - Show off their skills to parents, grandparents and others
 - Tell their friends in school

- Reward
 - Praise from elders
 - A reward
 - For participating
 - A reward for excellence 1st, 2nd, 3rd,



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Benefits to community:

- Increased % of trained in lifesaving and CPR
- Capable of calling emergency services

- Leaders in other organisations
 - Scouts & guides
 - Lifeboat crew
 - Sports clubs
- Obesity, increased physical activity
- Increased single parent families
 - Exposure to role models



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Benefits to the Club:

- A good way to have fun
- Meets the clubs philosophy

- Training activity - junior teachers organise it
- Teachers act as role models

- Recruitment
 - Have not advertised for members in my memory
 - Have a waiting list to join
 - Friend recommendations
 - 2nd generation members

- Financially stable



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The junior SERC meets the needs of the club

- It is a useful tool for:
 - Reinforcing safe practice
 - Confirming knowledge
 - Reinforcing good rescue priorities

- It is fun, members learn and are safer



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